



Tampa (FL) Branch

AAUW Tampa: Making A Difference for  
over 100 years



May 2021

Web Address: [tampa-fl.aauw.net/](http://tampa-fl.aauw.net/)

Facebook: <https://www.facebook.com/tampaflaauw/>

Branch Email: [AAUWTampaInfo@gmail.com](mailto:AAUWTampaInfo@gmail.com)

Mailing Address: PO Box 172715, Tampa FL, 33672

ZOOM Meeting ID: 863 116 6778

ZOOM Password: 725238

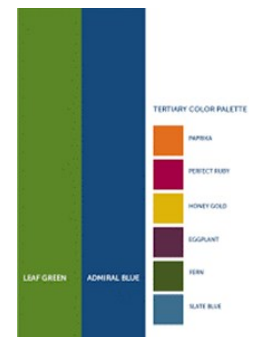
# The Tiempo

## COLORS DAY!!!

### AAUW colors (Leaf green and Admiral blue)

AAUW is more than the colors.

AAUW is a community of more than 170,000 people standing strong for gender equality. Your membership makes our powerful voice even louder on critical issues affecting women and girls. There are many ways you can invest in a fairer future by donating to AAUW. We rely on our members and supporters to help us drive systemic policy change, shift work cultures, and empower women. Every day and every dollar that our members spend fighting on behalf of women are appreciated. Giving to our Greatest Needs Fund helps us use your donation where it's needed the most.



The AAUW Champions for Women and Girls program recognizes individuals who have made a significant financial commitment to advancing equity for women and girls. It honors those who donate \$5,000 or more to AAUW each year. Members also have the opportunity to leave a legacy. Making a planned gift to AAUW is an easy way to make a real impact and leave an enduring legacy that will benefit AAUW long into the future. Planned gifts—bequests—are gifts that you designate in your will, estate, or trust.

AAUW partners and supporters share our vision of creating a world where women and girls have the same opportunities to learn, earn, and lead as their male counterparts. In the fight for fairness, they share their talents and resources to help close the gender pay gap and make gender a reality.

Members can renew their membership at this time. New individuals joining today will have May and June 2021 included in their membership. Please share this opportunity with friends and family. Join/renew today!!

[www.aauw.org/membership](http://www.aauw.org/membership).



## ***From the Desk of Dr. Sandra Johnson Austin, President***

Dr. Sandra Johnson Austin, President AAUW Tampa, Inc. - May 2021

I would like to take this opportunity to publicly thank the following members who decided to go beyond the call of duty of being members of AAUW Tampa to serve in a leadership role in our branch: April Cobb (Membership), Dr. Bert Dunbar (Programs), Wanda Gibson (Recording Secretary), Erica Hall (Public Policy), Dr. Gloria Hilton (Scholarships), Dr. Cindy Hovi (Finance), and Erica Lewis (Facebook Manager). As members of AAUW Tampa you have a birds-eye view of our membership and you can willfully work on our behalf, which based on my experience so far is a very humbling experience and truly an honor. When you take a closer look at our new leaders, you will see that they are no stranger to serving in leadership roles. I attribute this (and I am sure that they do to) to their servant spirit. The combination of their servant spirit and their willingness to serve in a leadership role is a perfect example of servant leadership. The characteristics of servant leadership include being humble, showing empathy, actively listening, engaging others, and most important working together to facilitate growth. I strongly believe that we can count on our new leaders to persevere. They will join a team of leaders who are fired-up and ready to lead us into another year: Connie Fountain (Corresponding Secretary), Dree Jenkins (Tech Trek/STEM), and Franca Washington (Communications). AAUW Tampa members on Saturday May 15<sup>th</sup> we will have the pleasure of virtually pinning our new leaders and thanking Irene Bemby (Programs), Dr. Cindy Hovi (Public Policy), Shella Miller (Membership), Mattie Parr (Recording Secretary), Jasmine White-Bynum (Scholarships), and Yvette Williams (Finance) for their leadership these past two year. What an amazing group of women leaders! Our new leadership team will transition into their roles effective July 1, 2021 and will serve through June 30, 2023. Mark your calendars for our strategic planning meeting on June 19<sup>th</sup> at 11 am where we will need all hands-on deck to plan for the year ahead. See you on Zoom!



**WE'RE TENACIOUS AND TRAILBLAZING.**



Tampa (FL) Branch

*Advocating equity for women  
and girls in Florida since 1929.*

## ... Welcome to the newest members of our Executive Board. Some new faces... and some new places.

### Director of Finance

Cindy Hovi, Doctor of Chiropractic Medicine



Member of AAUW since June, 2019. Dr. Hovi is the current Director of Public Policy for Tampa AAUW. She is a retired Chiropractic and is currently employed as an outpatient coder for Systems Solutions. Dr. Hovi enjoys reading murder mysteries and legal thrillers, paper quilling, and playing cards, especially Bridge.

### Director of Membership

April Cobb, MBA- Human Resources



Member of AAUW since, June, 2020. Ms. Cobb has been a 6th grade educator in the Hillsborough County Public School System for the past 20 years. She was nominated for and won many prestigious awards, including Tampa AAUW's Ribbon of Honor Award and the Tau Beta Zeta Sorority Community Service Award. She owns

BeauteBlue Print Foundation-a non-profit that is designed to nurture and support young girls as they gain exposure to STEM programs. One of her guiding mottos is "It is easier to build strong children than to repair broken men" - Frederick Douglass.

### Director of Programs

Dr. Bert Dunbar, ANPR



Member of AAUW since May 2014. Dr. Bert Dunbar was previously the president of the Tampa Branch from 2016 to-June 2020. She retired from the James A. Haley VA Hospital-Tampa where she was the Chief Nurse of Mental Health. She is currently employed as an adjunct mental

health nursing faculty at Hillsborough Community College. Dr. Dunbar is a news "junkie". She also enjoys reading and gardening. Her life's guiding motto: "I cannot direct the wind. I can only adjust my sails."

### Facebook Manager

Ericka Lewis, MBA



Member of AAUW since September, 2020. Ms. Lewis recently graduated from Florida Atlantic University with an MBA. She is working as a Business Analyst at DXC Technology. Ms. Lewis enjoys biking, traveling, podcasting, hiking, reading, and shopping. Her guiding motto is "Don't judge each day by the harvest you reap but by the seeds that you plant". Robert Louis Stevenson.

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### Director of Scholarship

Gloria Hilton, DNP



Member of AAUW since July, 2016. Dr. Hilton was this branch's first Director of Tech Trek and STEM Activities. As a Registered Nurse and Healthcare Professional, she was well-qualified for the Compliance Officer position she held at James A Haley Hospital-Tampa. Currently, Dr. Hilton is an

adjunct nursing faculty for South University School of Nursing, Tampa. She enjoys reading, cooking, and walking. Her guiding principle, "Make a positive change in the community and beyond through service to God and others in deeds and resources".

### Recording Secretary

Wanda Gibson, RN, Oncology



Member of AAUW since March, 2020. Ms. Gibson retired after 41 years from James A Haley VA Hospital -Tampa. She was a Nurse Manger for 30 of those years. She is the current recording secretary for her high school alumnus association. Additionally, she was the recording secretary for a women's stock partnership.

Ms. Gibson enjoys sewing, crocheting, and building jigsaw puzzles. Her guiding principle: "Love the Lord my God with all my heart and soul and with all my strength and with all my mind"; and to love my neighbor as myself"

## SELF CARE QUOTES FROM SOME INSPIRING WOMEN

“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.”

**Oprah**

“Beauty is how you feel inside, and it reflects in your eyes. It is not something physical.”

**Sophia Loren**

“Talk to yourself like you would to someone you love.”

**Brené Brown**

“The challenge is not to be perfect – it is to be whole.”

**Jane Fonda**

“When I loved myself enough, I began leaving whatever wasn't healthy. This meant people, jobs, my own beliefs and habits – anything that kept me small. My judgement called it disloyal. Now I see it as self-loving.”

**Kim McMillen**

“One of the greatest regrets in life is being what others would want you to be, rather than being yourself.”

**Shannon L. Alder**

“Invent your world. Surround yourself with people, color, sounds, and work that nourish you.”

**Susan Ariel Rainbow Kennedy**



**Scottie Fingar**

**May 1**

**Erica Lewis**

**May 14**

**Karlene Kunz**

**May 31**

**AAUW Tampa Speaker  
Saturday, May 15, 2021**



**AAUW Tampa  
welcomes  
Judith Whitson**

Judi Whitson would visit her uncle's cattle ranch and citrus groves in Inverness.

It was there her passion for agriculture grew. Ms. Whitson made ag-education one of her priorities and promoted the Ag in the Classroom program to cultivate an appreciation of the agriculture industry among school students.

Today, Ms. Whitson continues to work tirelessly for Florida agriculture. Whether it is educating youth about where their food comes from or promoting the industry to decision makers, Whitson has become one of Florida agriculture's top ambassadors.

**Click on the link below to join the meeting.**

<https://us02web.zoom.us/j/8631166778?pwd=MkwwRlFtQWhjLy9VVVVVrWTVXcWEyQT09>

**Meeting ID:** 863 116 6778    **Password:** 725238



**Welcome to our  
newest  
members.  
We look forward  
to getting to  
know you.**



Board Meeting  
May 8, 2021  
10:30 to 11:00  
Via Zoom

General Meeting  
May 15, 2021  
11:00 am-12:30 pm  
Via Zoom

Board Meeting  
June 5, 2021  
10:30 to 11:00  
Via Zoom

General Meeting  
June 12, 2021  
11:00 am-12:30 pm  
Via Zoom

***Board of Directors***

President	Dr. Sandra Johnson Austin
Vice President	Vacant
Director of Programs	Irene Bemby
Director of Membership	Shella Miller
Director of Finance	Yvette Williams
Director of Public Policy	Dr. Lucinda Hovi
Director of Scholarships	Jasmine White-Bynum
Director of Tech Trek/STEM Activities	Dree Jenkins
Director of Communications	Franca Washington
Recording Secretary	Mattie Parr
Corresponding Secretary	Connie Fountain
Copy Editor- This Issue	Franca Washington

**NURTURE SELF**

WRITE A HAND WRITTEN. THANK YOU NOTE

POST A POSITIVE NOTE TO YOURSELF

DANCE DURING CHORES

MAKE A PLAYLIST OF HAPPY SONGS

FORGIVE

GO TO THE SPA

CHANGE NEGATIVE THOUGHTS TO POSITIVE

MEDITATE

TRY A NEW HOBBY

ORGANIZE A CLUTTERED SPACE

CONNECT WITH AN OLD FRIEND

LIST 3 MISTAKES AND ONE THING YOU LEARNED FROM EACH

DRINK PLENTY OF WATER

BE EXTRA KIND TO SOMEONE WHO WASN'T NICE TO YOU.

BELLY LAUGH!

BINGE WATCH A SERIES

TRY BELLY BREATHING

PLAY A BOARD GAME

LISTEN TO A SELF-HELP PODCAST

TheCounselingTeacher.com



<https://www.aauw.org/membership/>

If you have questions, please contact  
Mrs. Shella Miller,  
Director of Membership  
at email:

ShellaMiller078@gmail.com.

**WE VALUE YOUR MEMBERSHIP  
AND INVOLVMENT!**

**Are you wondering HOW to  
get involved????**

**We are still looking for  
nominees for:**

♥ **Vice President**

**Contact Bert Dunbar  
bert28@aol.com**